Hajj and Umrah Guide

English

1. IHRAM – Before reaching Meqat
Before Ihram: Remove unwanted hair, trim nails, make ghusl (bath) & wudhu (ablution) or at least wudhu.

Put on clothes of Ihram – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram.

On entering state of Ihram Niyyah (Intention (in any language) to enter into Ihram)

Recite Talbiyah (Haj prayer supplication):

اللهم إني أستора من فضلك
O Allah, verily I ask You from Your Favor.

Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

2. TAWAAF (Circling the Ka'bah 7 times)
Before proceeding to the starting point of Tawaf, al-Hajarul-Aswad (The Black Stone) men only - uncover right shoulder by placing Ihram underneath right arm-pit (this is known as Ihdhiba).

When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone)², and recite –

الله أكبر
Allah Akbar (Allah is the Greatest).

Men should walk briskly (Rami) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7th circuit. No particular supplication (Duaa) is essential during Tawaf.

- Duaa (supplication) can be made during Tawaf, except it is Sunnah to recite the following when going between Ar-Ruknul-Yamani (Yemeni Corner)⁴

Rabbanan aatinna fid-dunya hasanatan wa feel akhriati hasanatan wa qinaa ‘adhaaban naar
Our Lord! Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire! (Quran 2:201)

♦ Once Tawaf is complete, cover your right shoulder and offer 2 rakaats anywhere behind the Station of Ibrahim – or anywhere in the Haram: Recite Surat al-Kafirun in 1st raka'a and Surat al-Ikhlas in the 2nd raka'a.

Drink Zam-Zam water – Make Du'aa

4. Shaving Head/Trimming
After completing Sa'ee: Men; shaving entire head is preferable or cut hair equally from all over head.
Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haraam with the left foot, recite

اللهم إلى أسفل من فضلك
Allahumma innee ‘as’aluka min fadhlika
O Allah, verily I ask You from Your Favor.

Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

♦ First Umrah, then Haj with another Ihram – this type of Hajj is called QIRAAN

6. Intention: Hajj Al-Tamattu

شيء أو أتعم عن أن عمل الخير فأجاب عليه أن يقول

Be with me, and give me good news of glad tidings, and do not give me bad news of torment of the Fire! (Quran 2:201)

Innas-safa wa marwata min sha’aa’irillahah faman hajjal balta ‘awi’ tamara falaa junaha ‘alaihi an yattawwafa bihimaa wa man tatawwawa’ khiran fa’innAllaha shakirun
Verily! As-Safa and al-Marwah are the symbols of Allah. So it is not a sin on him who performs Hajj or Umrah of the House to perform the Tawaf between them. And whoever does good voluntarily, then verily, Allah is All-Recognizer, All-Knower. (2:225)

Each time you complete one round (Safa and Marwah) recite –

Allahu Akbar (Allah is the Greatest).

♦ Men should walk briskly (Rami) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7th circuit. No particular supplication (Duaa) is essential during Tawaf.

- anjaza wa’dahu wa nasara ‘abdahu wa hazamal ahzaaba wahdahu
Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise. He alone gives life and causes death, He is Omnipotent over all things. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated the confederates.

8th day of Dhul-Hijjah (Yawmu ‘Arafah)

Stay in Mina


♦ Engage in Ibadah (worship) all day.

9th day of Dhul-Hijjah (Yawmu ‘Arafah)

Stay in ‘Arafah

♦ Pray Fajr in Mina.

♦ Go to Arafat any time after sunrise.

Stopover if possible at Namirah (place close to ‘Arafah - there is now a Masjid there) and remain there until after Zawaa (sun at highest point - no shadow) and listen to the Khutbah. If this is not possible, it is permissible to proceed to ‘Arafah, remaining there until sunset. Stand upon the rocks at the bottom of the Mount of Mercy (Jabalur-Rahmah); if not, then all of
After the sacrifice, shaving your head is preferable, or performed anytime up to sunset of 12th Dhul Hijjah.

- Pray Dhuru & Asr at Arafat.
- Perform WUQF (stand and pray), make dua (supplications) and seek forgiveness until sunset.
- If you didn’t leave Mina, beginning after Fajr, stone all 3 Jamarrahs with 7 pebbles for each one. Leave Mina for Makkah before Sunset if possible. You can’t leave - Stay at Mina.

Stay in Muzdalifah
- Pray Dhuru & Asr at Arafat.
- Perform WUQF (stand and pray), make dua (supplications) and seek forgiveness until sunset.
- After stoning first Jamarah, face Qiblah and perform the Tawaf to your right, throw each of the seven stones at Jamarah reciting –

Allahu Akbar

Allah is the Greatest (after each throw).

- Pray Fajr in Muzdalifah.
- Leave for Mina just before sunrise.
- Between the time periods of after sunrise until the night, calmly proceed to Jamaratul-‘Aqabah al-Kubraa  forstoning. Facing Jamarah, with Makkah to your left and Mina to your right, throw seven stones at Jamarah reciting –

Allahu Akbar

Allah is the Greatest (after each throw).

12th Dhul-Hijjah
- If Tawaf Ifaadhah has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam and perform Sa’e. Return back to Mina.
- If you didn’t leave Mina, beginning after Fajr, stone all 3 Jamarrahs with 7 pebbles for each one. Leave Mina for Makkah. Before final departure from Makkah, perform Tawaaful-Wada’a (Farewell Tawaf) as your last act.

Footnotes:
1 If possible, cling to area between the corner of al-Hajjarul-Awsad (The Black Stone) and the door, placing the chest, face and forearms on this area.
2 If possible, touch The Black Stone with the right hand and also kiss it, then prostrate on it - this is best; if not, then touch it with the right hand then kiss the right hand, if not, simply make a sign towards it with the right hand.
3 There is no specific Du’aa during the walk around the Ka’bah, apart from what has been mentioned for between The Yemeni Corner to The Black Stone. You can therefore recite the Quran or any Du’aa as you please.
4 If possible, touch Ar-Runnel-Yamani (Yemeni Corner) each time (but do not kiss it) - this is best; if not, then do not make any sign towards it.
5 From wherever you are residing - hotel, house, etc.
6 Pray two Fard each at Zuhur, ‘Asr and ‘Isha. Maghrib is not shortened, and remains three Fard. ‘Isha to be followed by Wit.
7 A place close to ‘Arafah - there is now a Masjid there. This is not possible, it is permissible to proceed to ‘Arafah.
8 If it is also possible to make Tawaf ul ‘ziyarat if it was not made on the 10th “Women should allow extra days for Tawaf in Makkah in case of menses.
9 For an English translation, see page 1.
10 Should you pass through valley Muhassar, then hurry through it.
11 They are all the same in size. You can also pick the pebbles in Mina. You will need only 7 pebbles on the 10th, and 42nd (after 99). You will need 21 extra pebbles if you are staying for the 13th Dhul-Hijjah (70 total). They must not be bigger than a chicke-pee. (Approximately 1 cm across = 0.39 inches).
12 It is permissible to perform Tawaaful-Wada’a on 12th day of Dhul-Hijjah (as long as you leave Mina before sunset), thus missing the recommended (but not compulsory) day of stoning.

Don’t forget to: ◆ Pay all debts ◆ Redress all wrongs ◆ Write your will ◆ Hajj Mabrur (An accepted Hajj). ◆ Your Hajj is now complete. ◆ May Allah (SWT) accept your Hajj.

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